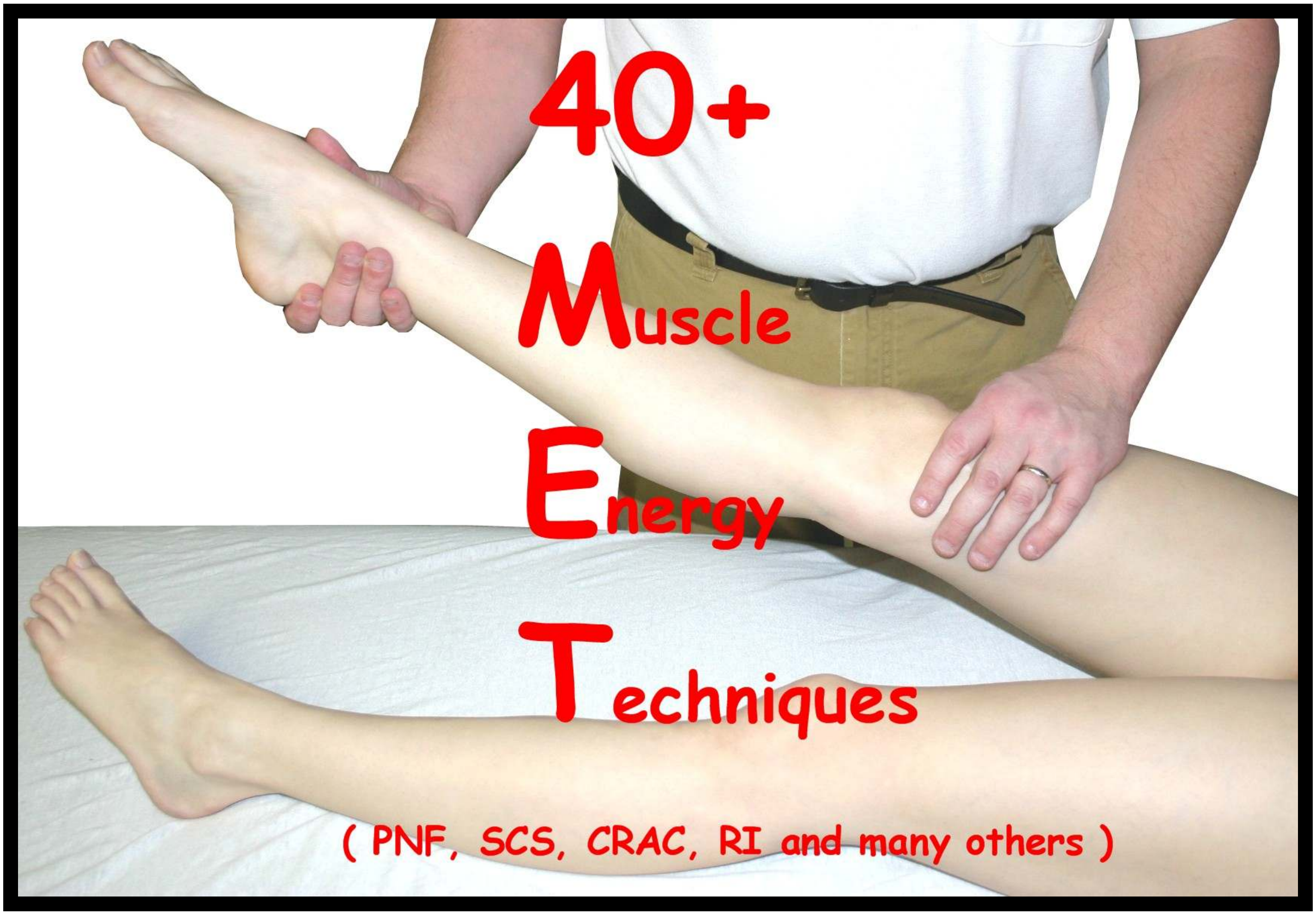
MASSAGENERD.COM

Presents



*** ALL OF THESE STRETCHING TECHNIQUES CAN BE USED ON ALMOST ALL PARTS OF THE BODY**

By
Ryan Hoyme
CMT, NCTMB, HST

INDEX

Legal Disclaimer

All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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RULES of M.E.T.

* Always warm-up the muscle groups first before you stretch them!

* If the client feels pain…Stop the stretch (It should only feel a little uncomfortable during the stretch)!

* If the client feels a burning pain…Stop the stretch!

* When the client resists a stretch…Make sure they don't perform a jerking motion!

* When the client resists; make sure they don't use all their strength!

* Communication is the key!

* If a person does not use resistive stretching (or stretching)…Just perform the stretch once (don't keep having them resist)!

* Resistive stretches are almost impossible to try on your own…Get a partner!

* Do not perform these stretches within the time period of 0-72 hours after an injury…Use RICE (Rest, Ice, Compression, and Elevation)!

* Do not perform any of these techniques fast (unless indicated)!

* Rule of thumb is: Slow in… (Bring the muscle to the point of resistance slowly)…Maintain… (No Jerking)…Slow out… (Take it out of the stretch slowly)!

* Never bounce when stretching (Ballistic Stretch)!

* All of these stretching techniques can be used on other parts of the body.

PASSIVE STRETCH

"Therapist performs the work"

1.  2.  3. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (To the point of resistance) for 5-30 seconds.
3. Have the client relax and bring the limb back to the original position.

ACTIVE STRETCH

"Client performs the work"

1.  2.  3. 

1. Start in a neutral position.
2. Help client isolate the muscle into a passive contraction (To the point of resistance) and have her hold it for 5-30 seconds.
3. Tell client to relax and bring the limb back to the original position.

ACTIVE-ASSISTIVE STRETCH

"Client / Therapist perform the stretch together"

1. 
2. 
3. 

1. Start in a neutral position.
2. Have the client help you isolate the muscle into a passive contraction (to the point of resistance) for 5-30 seconds.
3. Relax and bring the limb back to the original position.

30-90 PASSIVE STRETCH

"Therapist performs the work"

1. 
2. 
3. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance) for at least 90 seconds.
3. Have the client relax and bring the limb back to the original position.

*Some therapists believe that a stretch should be held for 30-90 in order to achieve full stretch capacity.
*Can also be performed only by the client.

ACTIVE ISOLATED STRETCH

"Client / Therapist perform the stretch together"

1. 
2. 
3. 

1. Start in a neutral position.
2. Have the client help you isolate the muscle into a passive contraction (to the point of resistance) for 1.5-2 seconds.
3. Relax and bring the limb back to the original position.

*Repeat 5-10 times

*Each time you repeat the stretch; help them push it a little farther.

*Aaron Mattes created this form of stretch www.stretchingusa.com

*Aaron puts a lot more into the stretch, than this brief example.

PASSIVE ISOLATED STRETCH

"Client / Therapist perform the stretch together"

1. 
2. 
3. 

1. Start in a neutral position.
2. You isolate the muscle into a passive contraction (To the point of resistance) for 1.5-2 seconds.
3. Relax and bring the limb back to the original position.

*Repeat as necessary. Each time you repeat the stretch; help them push it a little farther.

REPETITION PASSIVE STRETCH

"Therapist performs the work"

1. 
2. 
3. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (To the point of resistance) for at least 5-30 seconds.
3. Have the client relax and bring the limb back to the original position for 5-30 seconds.

*Repeat 1-3 at least 3 times in a row.

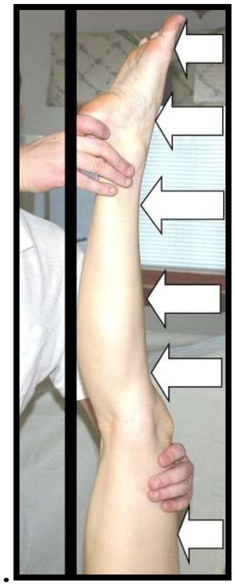
STATIC STRETCH

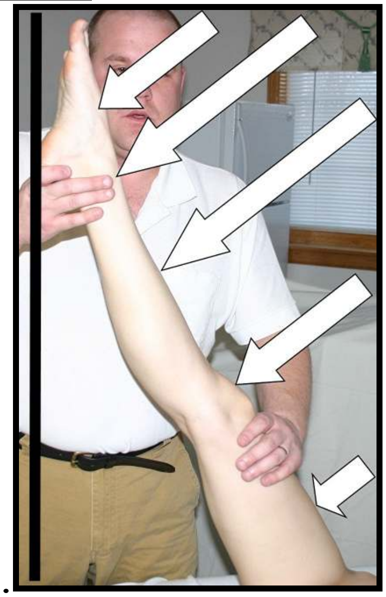
1. 
2. 
3. 

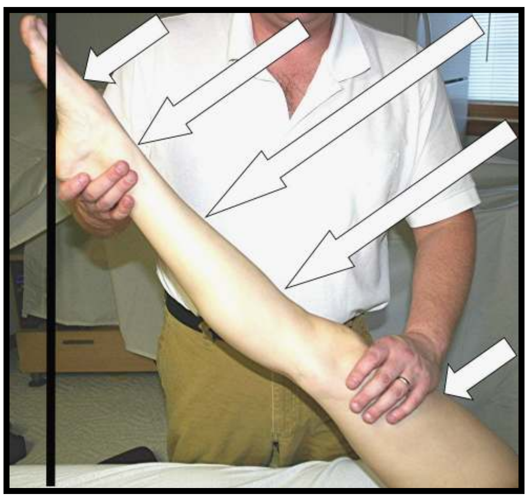
1. Start in a neutral position.
2. Help them isolate the muscle into a passive contraction and have them hold it there by themselves (5-30 seconds).
3. Relax and tell them to bring the limb back to the original position.

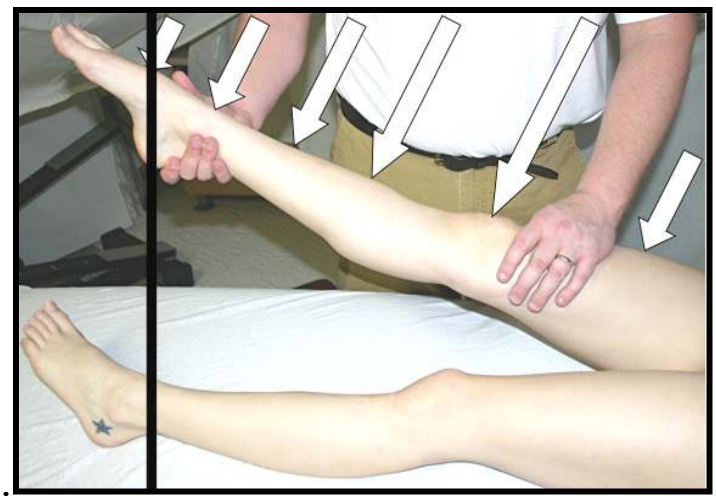
GRAVITY RESISTIVE STRETCH


1.


2.


3.


3.

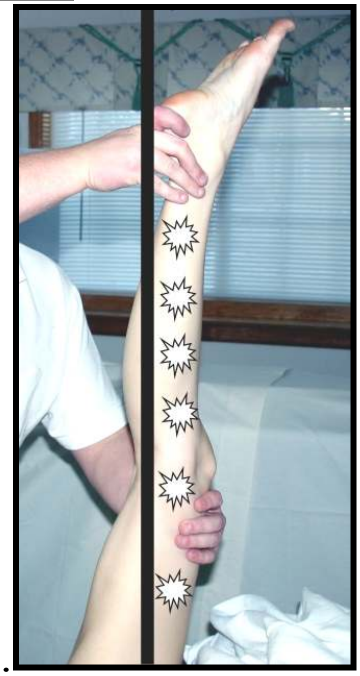

3.


4.

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance) and they are using gravity as a resistance.
3. Every time bring the leg down a few inches and tense (mild tension) that area (5 seconds) and perform it many times, until leg is in a neutral position.
4. Relax for 5-20 seconds in a neutral position.

*You are training the client to perform this on their own.

RESISTIVE STRETCH





1.

2.



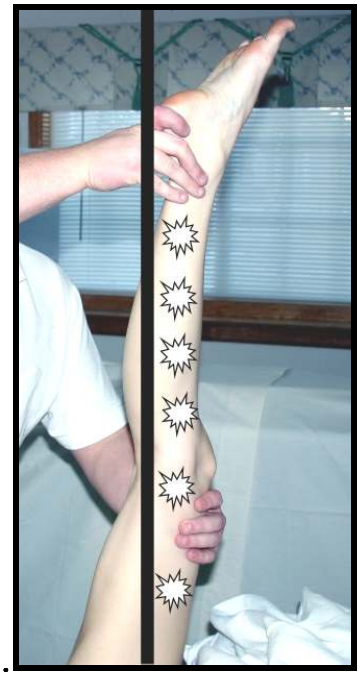
3.

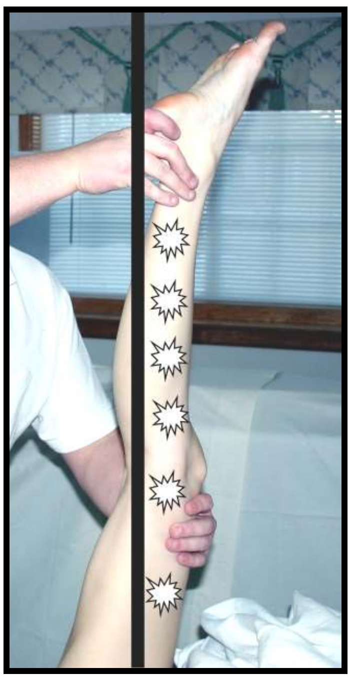
1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (To the point of resistance) and have the client resist (7-12 seconds).
3. Have the client relax (2 seconds) and bring the limb back to the original position.

RESISTIVE BREATHE STRETCH

"More for Athletes "


1.


2.


3.


4.

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance).
3. Have the client resist and inhale (2-4 seconds).
4. Have the client relax and exhale (6-8 seconds) and bring the limb back to the original position.

*Repeat 1-4 until minor discomfort is reached or the goal of the stretch is reached.

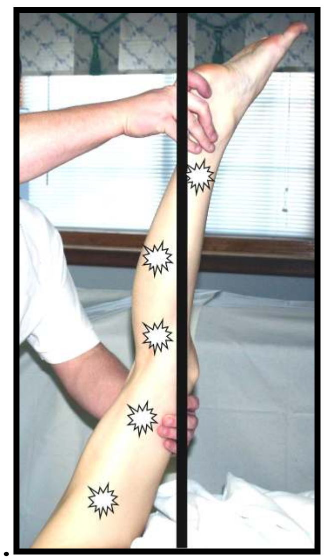
*Try different lengths of counting breaths.

PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION


1.


2.


3.


4.

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance) and have the client resist (7-12 seconds).
3. Have the client relax (2- 10 seconds) and bring the limb back to the original position.
4. Bring the limb back to the resisted area and stretch a little farther (7-12 seconds).

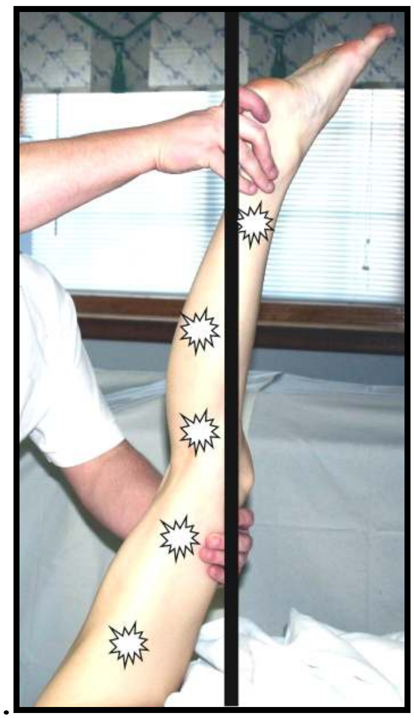
*Repeat 1-4 until minor discomfort is reached or the goal of the stretch is reached.

INTENSE PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION

"More for Athletes"


1.

2.

3.

4.

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance) and have the client resist (7-12 seconds).
3. Have the client relax (2 seconds) and don't bring it back to the original starting position.
4. Stretch a little farther and have the client resist (7-12 seconds).

*Repeat 1-4 until minor discomfort is reached or the goal of the stretch is reached.

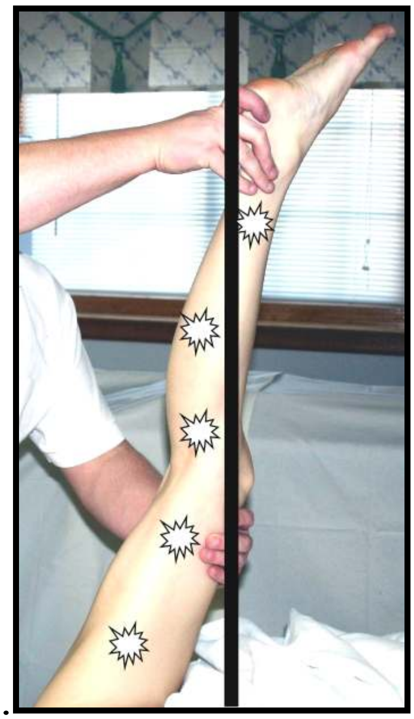
2 SECOND PNF

"2 Second Stretch"

1. 

2. 

3. 

4. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (To the point of resistance) and have the client resist (2 seconds).
3. Have the client relax (2 seconds) and bring the limb back to the original position.
4. Bring the limb back to the resisted area and stretch a little farther (2 seconds).

*Repeat 1-4 until minor discomfort is reached or the goal of the stretch is reached

INTENSE 2 SECOND PNF

"More for Athletes"



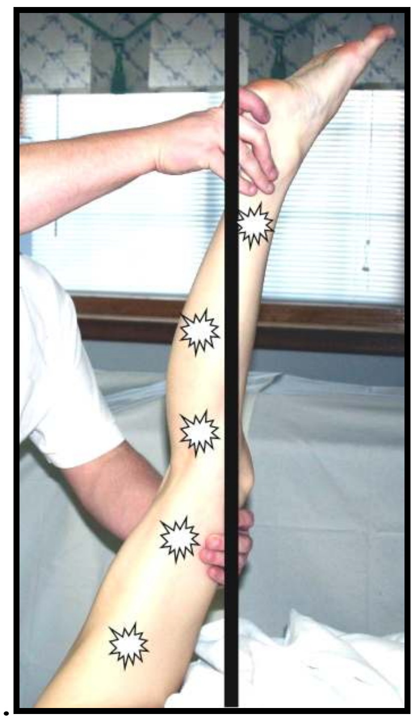
1.



2.



3.



4.

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance) and have the client resist (2 seconds).
3. Have the client relax (2 seconds) and don't bring it back to the original starting position.
4. After 2 seconds of relaxation, stretch a little farther and have the client resist (2 seconds).

*Repeat 1-4 until minor discomfort is reached or the goal of the stretch is reached.

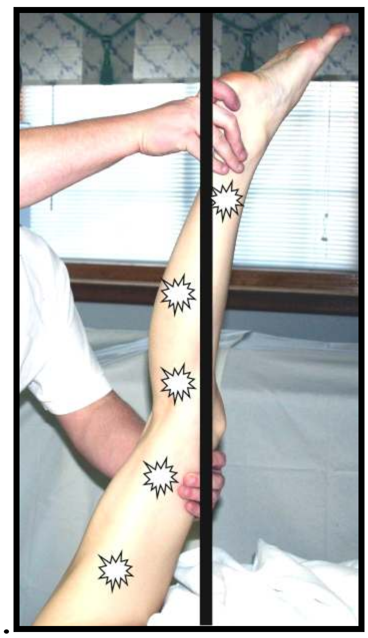
RECIPROCAL INHIBITION STRETCH

"Hard to train the client to perform"

1. 

2. 

3. 

4. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction and have the client tense the opposite muscle group being stretched (7-12 seconds).
3. Have the client relax (2-10 seconds) and bring the limb back to the original position.
4. Bring the limb back to the resisted area (and try to stretch a little farther) and have the client tense the opposite muscle group being stretched.

*Repeat 1-4 until minor discomfort is reached or the goal of the stretch is reached.

*Great for reducing muscle cramping.

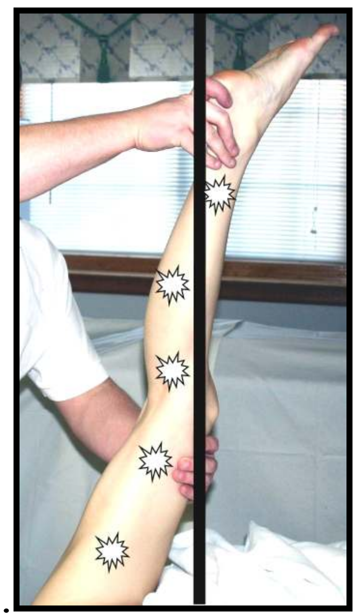
CONTRACT-RELAX-ANTAGONIST-CONTRACT-RELAX (CRACR) OR (CRAC)

"Hard to train the client to perform"

1.


2.


3.


4.


5.


1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance) and have the client **(C)** contract (Resist) for 7-12 seconds.
3. Have the client **(R)** relax (2-10 seconds) and bring the limb back to the original position
4. Have the client **(C)** contract (Resist) the **(A)** Antagonist muscle (opposite muscle) group that is not being stretched for 7-12 seconds.
5. Have the client **(R)** relax (2-10 seconds) and bring the limb back to the original position.

*Repeat 1-5 until minor discomfort is reached or the goal of the stretch is reached.

*Great for reducing muscle cramping.

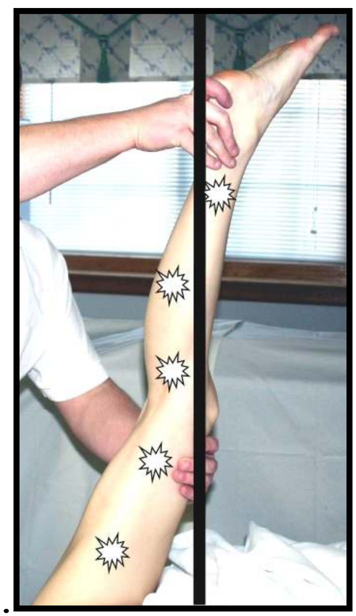
INTENSE CONTRACT-RELAX-ANTAGONIST-CONTRACT-RELAX (ICRACR) OR (ICRAC)

"Hard to train the client to perform"


1.


2.


3.


4.


5.

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance) and have the client **(C)** contract (Resist) for 7-12 seconds.
3. Have the client **(R)** relax (2-10 seconds) and <u>don't</u> bring it back to the original starting position.
4. Have the client **(C)** contract (Resist) the **(A)** Antagonist muscle (opposite muscle) group that is not being stretched for 7-12 seconds.
5. Have the client **(R)** relax (2-10 seconds) and stretch a little farther and repeat the process.

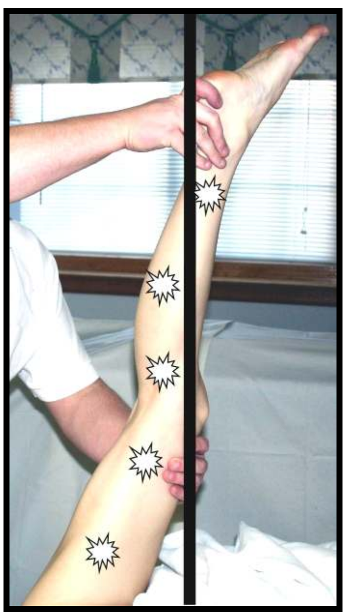
*Great for reducing muscle cramping.

LATERAL/MEDIAL RECIPROCAL INHIBITION STRETCH

"Hard to train the client to perform"



1.  2. 3. 



4. 5. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (e.g. Hams) and have the client tense (mild tension) the Lateral or Medial muscle group (e.g. Abductors or Adductors) being stretched (7-12 seconds).
3. Have the client relax (2-10 seconds) and bring the limb back to the original position.
4. Bring the limb back to the resisted area (and try to stretch a little farther) and have the client tense (mild tension) the Lateral or Medial muscle group being stretched.
5. Return leg to neutral position.

*Repeat 1-5 until minor discomfort is reached or the goal of the stretch is reached.

STRAIN-COUNTERSTRAIN (SCS)

"For clients that can't handle a little pain"

1. 
2. 
3. 
4. 
5. 
6. 
7. 

Begin by asking the client where they hurt.

1. Start in a neutral position.
2. Apply sufficient pressure to the point to cause mild discomfort.
3. Keep the same amount of pressure when you stretch the area of discomfort.
4. Next, slowly position the area so there is little to no pain. You should hold for 60-90 seconds. (Some experts suggest just 20 seconds).
5. Asked the client to inhale fully and exhale fully in the tender area and slowly come out of the stretch.
6. Move the limb back to the starting position (The tender point/area may be re-tested for sensitivity at this time).
7. Let the client relax in the neutral position.

DEFINING STRAIN-COUNTERSTRAIN

* This method is to train the muscles to relax in a neutral position.
* The relief of rheumatic pain by placing a joint in its position of greatest comfort.
* The relief of false messages of continuing strain arising in dysfunctioning proprioceptor reflexes, by applying a strain in the direction opposite that of the false messages of strain. This is accomplished by shortening the muscle containing the false strain message so much that it stops reporting strain.

Thus, Strain-Counterstrain is a non-traumatic, indirect technique that utilizes positional release to relieve somatic dysfunction. The basic premise involves decreasing muscular tension (and thus tenderness) at specific points in the body called "tender points."

MULTI-DIMENSIONAL STRETCH

1. 

2. 

3. 

4. 

5. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (e.g. Extension) and to the point of resistance and have the client resist (7-12 seconds).
3. Have the client relax (2-10 seconds) and bring the limb back to the original position.
4. Bring the limb is the opposite direction (e.g. Flexion) and have the client resist (7-12 seconds).
5. Have the client relax (2-10 seconds) and bring the limb back to the original position.

*Try other directions and length of time holding the stretch

POST ISOMETRIC RELAXATION


1.


2.


3.


4.


5.

1. Start in a neutral position.
2. Have the client perform an isometric contraction of the tense muscle at its initial tolerated length, while the therapist stabilizes that part of the body to prevent muscle shortening. Contraction should be slight (10-25% of maximum voluntary contraction).
3. Hold this contraction for 3-10 seconds.
4. Instruct the client to "let go" and relax the body completely. During this relaxation phase, the clinician gently takes up any slack that develops in the muscle, noting the increase in range of motion. Care is taken to maintain the stretched length of the muscle and not to return it to the neutral position during subsequent cycles of isometric contraction and relaxation.
5. Slowly bring the limb back to the original position.

ISOTONIC CONCENTRIC STRETCH

"Client Wins"

"More for Athletes"

1.


2.


3.


4.


4.


4.


5.


1. Start in a neutral position.
2. Isolate the muscle into a passive contraction to the point of resistance and have the client resist (7-12 seconds).
3. Apply counter-pressure.
4. Have the client rapidly contract the muscle group in small movements (20 reps).
5. Slowly lengthen the muscle. Repeat until full normal resting length is obtained.

ISOTONIC ECCENTRIC STRETCH

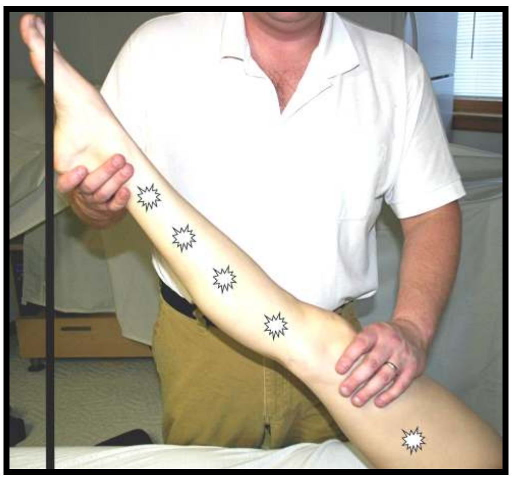
"Therapist Wins"

"More for Athletes"

1. 

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4. 

5. 

5. 

6. 

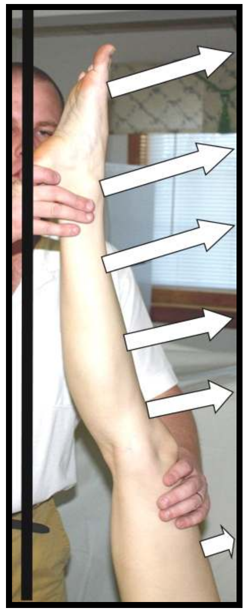
1. Start in a neutral position.
2. Isolate the muscle into a passive contraction.
3. Then, bring the stretch halfway back, but not to the point of resistance.
4. Have the client resist with half their strength (7-12 seconds).
5. Stretch the muscle out farther to the point of resistance, while the client still resists with half their strength.
6. Have the client relax (2-10 seconds) in neutral starting position.
7. Repeat as necessary.

*Make sure you don't bring the limb to the full stretch in the beginning.

COMPRESSION STRETCH

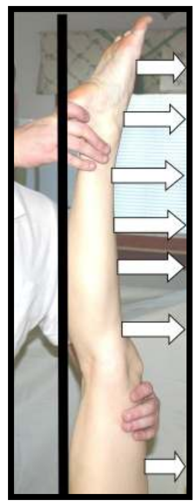
"More for Athletes"

1. 

2. 

3. 

4. 

5. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance).
3. Have the client resist and then compress the opposite muscle group being stretched on the same limb (7-12 seconds).
4. Have the client relax (2-10 seconds) and bring the limb back to the original position (release the compression).
5. Bring the limb back to the resisted area and stretch a little farther (7-12 seconds) and compress same muscle group again.

*Repeat 1-5 until minor discomfort is reached or the goal of the stretch is reached.

NEUTRAL RESISTANCE STRETCH

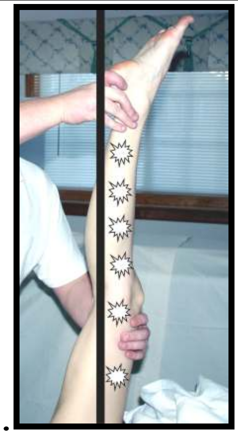
"Also can be used as a muscle test"

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 

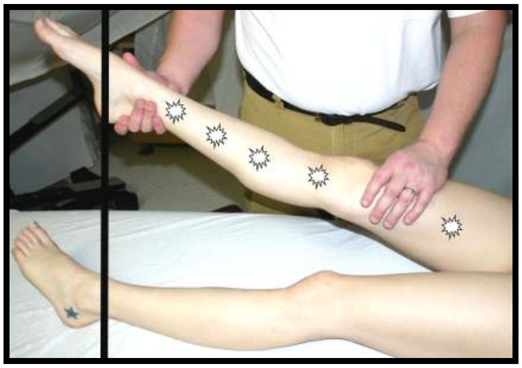
1. Start in a neutral position.
2. Externally rotate their leg and have the client resist (try to internally rotate) for 7-12 seconds.
3. Internally rotate their leg and have the client resist (try to externally rotate) for 7-12 seconds.
4. Have the client try to abduct their leg and resist for 7-12 seconds.
5. Have the client try to adduct their leg and resist for 7-12 seconds.
6. Have the client try to lift their leg up and resist for 7-12 seconds.
7. Have the client try to bring their leg down to the table and resist for 7-12 seconds.
8. Return leg to neutral position.

INTERMITTENT RESISTIVE STRETCH

1. 

2. 

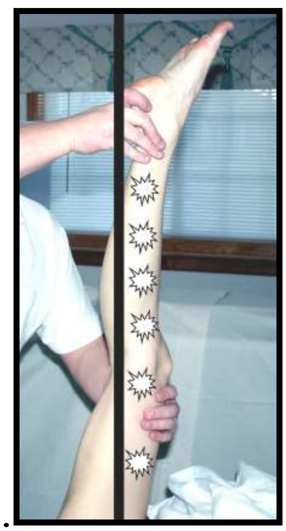
3. 

4. 

4. 

4. 

4. 

5. 

6. 

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction to the point of resistance.
3. Bring it back to neutral position.
4. Have the client resist every 10-20 degrees for 2 seconds and push it another 10-20 degrees when they relax for 2 seconds.
5. Their original stopping point in #2 is the last resistive stretch.
6. Bring the limb back to neutral.

*Repeat 1-5 until minor discomfort is reached or the goal of the stretch is reached.

OPPOSITE RESISTIVE STRETCH

"More for Athletes"


1.


2.


3.

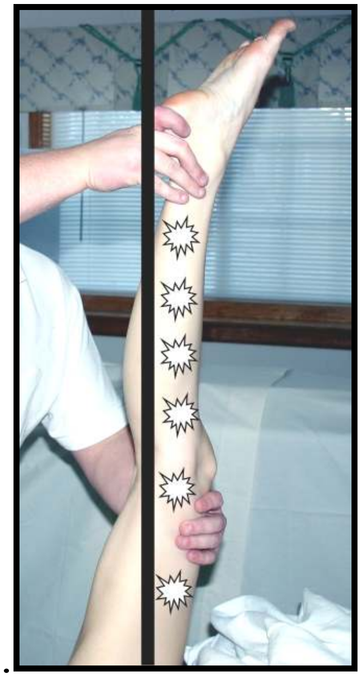

4.

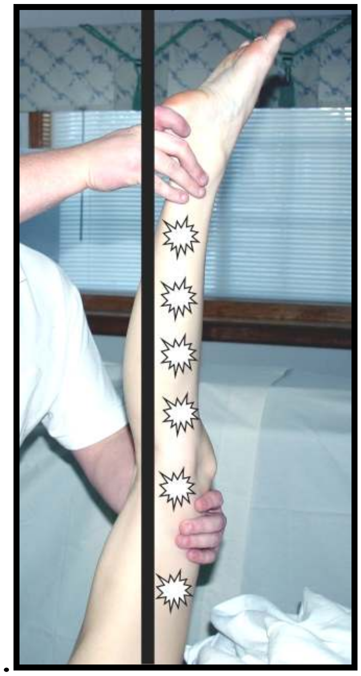
1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance) and hold down the other limb.
3. Instruct the client to resist or tense with the opposite leg (un-stretched leg) for 7-12 seconds.
4. Have the client relax in neutral starting position (2-10 seconds).
5. Repeat as necessary.

BREATHE STRETCH

"More for Athletes"


1.


2.


3.


4.


5.

1. Start in a neutral position.
2. Isolate the muscle into a passive contraction (to the point of resistance).
3. Have the client inhale (4-7 seconds).
4. Have the client exhale and stretch a little farther and hold for 4-7 seconds.
5. Bring the limb back to the original position.
6. Repeat above steps until either minor discomfort of the goal of the stretch is reached.

DYNAMIC STRETCH

"No Pause Stretching"

1. 

2. 

2. 

2. 

2. 

2. 

2. 

3. 

1. Start in a neutral position.
2. Slowly (moderate speed) bring the limb around in <u>different directions</u> (to the point of very mild resistance).
3. Bring the limb back to the original position.

*Great for finding holding patterns.

DYNAMIC SLOW STRETCH

"No Pause Slow Stretching"


1.


2.


2.


2.


2.


2.


2.


2.


2.


3.

1. Start in a neutral position.
2. Slowly move their limb around (take at least 20-30 seconds to go through one motion) without going to their full R.O.M., until you moved their limb in every direction (e.g. Rotation, Flexion, Extension, Abduction, Adduction, etc.) Do not let the limb rest on the table at any time. Perform this for at least 5 minutes.
3. Slowly bring the limb back to the original position.

*Great for finding holding patterns.

*Can also be performed only by the client.

RATCHET EXTENSION STRETCH

1. 
2. 
3. 
4. 

1. Start in a neutral position.
2. Compress upwards and then flex the joint.
3. Keep the same compression and extend the joint. Hold 5-10 seconds but don't cut off circulation.
4. Bring the limb back to the original position.

RATCHET ROTATION STRETCH

1. 
2. 
3. 
4. 

1. Start in a neutral position.
2. Compress the limb and push it to the table.
3. Keep the same compression and rotate the joint. Hold 5-10 seconds, but don't cut off circulation.
4. Bring the limb back to the original position.

TWIST STRETCH

"A.K.A. the Snake Bite"

1. 
2. 
3. 

1. Start in a neutral position.
2. Twist in opposite directions and hold for 5-10 seconds.
3. Bring the limb back to the original position.

TRACTION TWIST STRETCH

1. 
2. 
3. 
4. 

1. Start in a neutral position.
2. Apply traction (pull) the limb.
3. Keep applying traction and then twist the limb for 5-10 seconds (maintain the stretch).
4. Bring the limb back to the original position.

*Or just perform a traction and hold.

BALLISTIC MINOR STRETCH

"No Pause Fast Stretching"

1. 

2. 

2. 

2. 

2. 

2. 

2. 

2. 

2. 

3. 

1. Start in a neutral position.
2. Slowly move their limb around and find their limit with R.O.M., and then move their limb around fast (but never to the point of resistance and never hyperextend their knee), until you moved their limb in every direction.
3. Slowly bring the limb back to the original position.

BREATHE BALLISTIC MINOR FINISH STRETCH

"Helps lengthen the legs"
"No Pause Fast Stretching"



1.



2.



3.



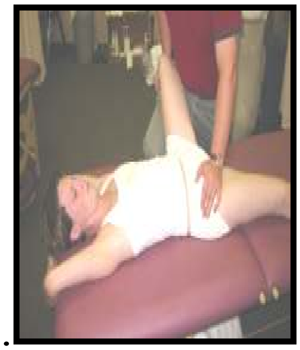
4.

1. Start in a neutral position.
2. Have the client breathe in deep. Ask them to hold their breath at the stretch for 4-7 seconds as you stretch the limb.
3. Then, traction the limb back fast (support their knee and don't hyperextend it as you bring it back) as they breathe out fast (4-7 seconds).
4. Let the client relax in the original position.

BALLISTIC MINOR FINISH STRETCH

"No Pause Fast Stretching"

1. 
2. 
2. 
2. 

2. 
2. 
2. 
2. 

2. 
3. 
4. 

1. Start in a neutral position.
2. Slowly move their limb around and find their limit with R.O.M., and then move their limb around fast (but <u>never</u> to the point of resistance and never hyperextend their knee), until you moved their limb in every direction. (Use only one limb during this process.)
3. Then, slowly finish with a stretch and hold (2-30 seconds).
4. Slowly bring the limb back to the original position.

BREATHE…SHAKE…STRETCH…LET IT GO…

1. 
2. 
2. 
3. 
3. 
4. 
5. 

1. Start in a neutral position and have the client take a few deep breaths before you start the stretch.
2. Then, shake the area of the muscle that you are going to stretch.
3. Perform the stretch on that muscle group (Hold the stretch for 5-20 seconds).
4. Bring it back slow.
5. Ask the client to relax .

SPRAY & STRETCH

It was developed by Travell and Simons, which a vapocoolant spray is used. The cold spray numbs the muscles and allows them to be painlessly stretched in order to regain their range of motion. (One may use ice massage to accomplish the same thing).

Spraying

1) Have the patient assume a comfortable position.
2) Take precautions to cover the patient's eyes, nose, and mouth if spraying near the face.
3) Hold the bottle inverted. From a distance of approximately 12 to 18 inches (30 to 46 cm.), aim the jet stream so it meets the skin at an acute angle to lessen the shock of impact.
4) Direct the spray in parallel sweeps 1.5 to 2 cm apart at the rate of approximately 4 in. /sec. (10 cm. /sec). Continue until the entire muscle has been covered. The number of sweeps is determined by the size of the muscle. The spray should be applied from the muscle attachment over the trigger point, through and over the reference zone.

Stretching

Passively stretch the muscle during spray application. Gradually increase the force with successive sweeps. As the muscle relaxes, smoothly take up the slack by establishing a new stretch length. It is necessary to reach the full normal length of the muscle to completely inactivate the trigger point and relieve the pain.
Re-warm the muscle. If necessary, repeat the procedure. Apply moist heat for 10 to 15 minutes following treatment.
For lasting benefit, eliminate any factors that perpetuate the trigger mechanism.

Ryan Jay Hoyme

CRYOSTRETCH

Cryostretch is the application of cold to facilitate stretching after muscle or joint injury. Exaggerated ("overactive") responses to active or passive range of motion can be overcome by cold-induced relief or local pain. Most protocols suggest ice massage before or simultaneous with active and passive range-of-motion exercises. Ice massage, for example, has been combined with proprioceptive neuromuscular facilitation (PNF) techniques for muscle stretching to improve flexibility. Ice massage for **10 to 15 minutes** is followed by passive range of motion to a point at which further motion cannot proceed because of pain or contracture. An isometric contraction is then maintained for **5 seconds**, followed by a pause, and then passive range of motion to pain threshold or resisted motion. This cycle of ice application, contraction, relaxation, and stretching is repeated. Excellent results in range of motion are often achieved after several minutes of stretching, depending on individual response to passive range of motion.

